

Recipe

Turkish Lentil Soup (Mercimek Çorbası)

Complex layers of earth and acid. Ready in 40 mins.

Ingredients

- 1 cup Red Lentils (rinsed)
- 1 medium Yellow Onion (diced)
- 2-3 cloves Garlic (minced)
- 2-3 Carrots (peeled and chopped)
- 1 Russet Potato (small dice)
- 2 tbsp Tomato Paste
- 6 cups **Vegetable Broth** (approx. 1.5 x 32oz cartons)
- 1 tsp Cumin
- 1/2 tsp Coriander
- 2 tsp Aleppo Pepper (or Paprika + pinch of Cayenne)
- 1 large Lemon (cut into wedges)
- 5 tbsp Extra Virgin Olive Oil
- Kosher Salt

Execution

1. **Sweat (7m):** Heat 2 tbsp oil in a large pot. Sauté onion, garlic, carrots, and potato until softened.
2. **Bloom (2m):** Stir in tomato paste, cumin, coriander, and 1 tsp Aleppo pepper. Toast until fragrant and deep red.
3. **Simmer (20m):** Add broth and lentils. Boil, then simmer low/covered until lentils are soft.
4. **Blend:** Use an immersion blender until smooth and creamy.
5. **The Sizzle:** In a small skillet, heat 3 tbsp oil. Add remaining Aleppo pepper and a bit of minced garlic. Cook 1 min until the oil is red and fragrant.
6. **Serve:** Ladle soup, drizzle with the sizzling oil, and serve with a heavy squeeze of lemon.

Shirazi Salad Side (Lime Juice)

- 4-5 Persian Cucumbers (diced)
- 4-5 Tomatoes (diced)
- 1/2 Red Onion (minced)
- 1/2 cup Fresh Mint (chopped)
- **Dressing:** Juice of 2 Limes, 3 tbsp Olive Oil, Salt.

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- **The Catch:** Before blending the soup, fish out several chunks of potato and carrot. Serve these “nuggets” plain with a side of cheese toast or pita bread.